

# SMOKED TURKEY

MEAL FOR 8

PREP: 15 MINS | TOTAL: 3 - 3.5 HRS

PANTRY ROUND UP: SHALLOW PAN | FOIL | HOT POT HOLDERS

## QUICK GUIDE



PRE-HEAT OVEN  
TO **350°F**



COOK TURKEY  
• FOR •  
RECOMMENDED  
**TIME**



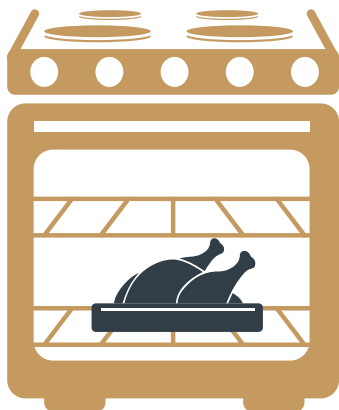
COOK SIDES  
• FOR •  
**35-40 MINS**



**SERVE  
& ENJOY!**

## HERE WE GO!

Please read all instructions prior to cooking.



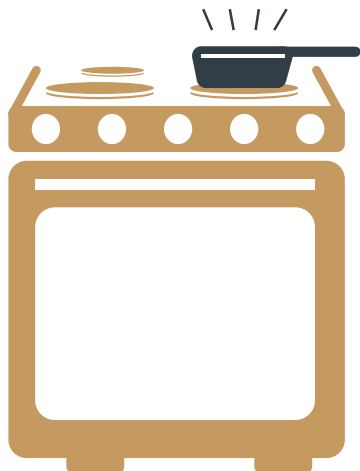
### 1. SMOKED TURKEY

|              |   |             |                           |      |                                  |                |                           |
|--------------|---|-------------|---------------------------|------|----------------------------------|----------------|---------------------------|
| WHOLE TURKEY | DO NOT REMOVE LEG CLAMPS  | TEMPERATURE | <b>350°</b><br>FAHRENHEIT | TIME | 10-12 LBS.                       | INTERNAL TEMP. | <b>120°</b><br>FAHRENHEIT |
|              | PLACE BREAST UP IN SHALLOW PAN, ADD 1 CUP OF WATER IN THE BOTTOM OF THE PAN |             |                           |      | 1 HOUR 50 MINS - 2 HOURS 30 MINS |                |                           |
|              | COVER TURKEY AND PAN WITH FOIL  |             |                           |      | 12-14 LBS.                       |                |                           |
|              |   |             |                           |      | 2 HOUR 30 MINS - 3 HOURS         |                |                           |

Remove meat from oven and let rest while you heat your Holiday Sides & Turkey Gravy.

### 2. HOLIDAY SIDES

Remove Film from sides and heat for 35-40 minutes.



### 3. TURKEY GRAVY

While your Holiday Sides are heating in the oven, turn your top stove burner to Medium High heat and heat the Turkey Gravy in a medium sauce pan for approximately 10 mins, stirring frequently.

### 4. SERVE & ENJOY!

Happy Holidays from our family to yours!

H-E-B® MEAL SIMPLE™  
HICKORY SMOKED YOUNG TURKEY

| Nutrition Facts                  |                   |
|----------------------------------|-------------------|
| varied servings per box          |                   |
| <b>Serving size</b>              | <b>3 oz (84g)</b> |
| Amount per serving               |                   |
| <b>Calories</b>                  | <b>150</b>        |
| % Daily Value*                   |                   |
| <b>Total Fat</b> 9g              | <b>11%</b>        |
| Saturated Fat 2.5g               | <b>12%</b>        |
| Trans Fat 0g                     |                   |
| <b>Cholesterol</b> 70mg          | <b>24%</b>        |
| <b>Sodium</b> 780mg              | <b>34%</b>        |
| <b>Total Carbohydrate</b> 2g     | <b>1%</b>         |
| Dietary Fiber 0g                 | <b>0%</b>         |
| Total Sugars 1g                  |                   |
| Includes 0g Added Sugars         | <b>0%</b>         |
| <b>Protein</b> 16g               |                   |
| Vit. D 0mcg 2% • Calcium 14mg 2% |                   |
| Iron 1mg 4% • Potas. 169mg 4%    |                   |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** TURKEY, WATER, SEASONING (SALT, DEXTROSE, NATURAL FLAVORS), CONTAINS LESS THAN 2% OF: VINEGAR, CELERY POWDER, SEA SALT, CHERRY POWDER, CANE SUGAR.

H-E-B® MEAL SIMPLE™ MASHED POTATOES

| Nutrition Facts                  |                       |
|----------------------------------|-----------------------|
| about 5 servings per box         |                       |
| <b>Serving size</b>              | <b>2/3 cup (140g)</b> |
| Amount per serving               |                       |
| <b>Calories</b>                  | <b>180</b>            |
| % Daily Value*                   |                       |
| <b>Total Fat</b> 11g             | <b>14%</b>            |
| Saturated Fat 7g                 | <b>35%</b>            |
| Trans Fat 0g                     |                       |
| <b>Cholesterol</b> 30mg          | <b>10%</b>            |
| <b>Sodium</b> 530mg              | <b>23%</b>            |
| <b>Total Carbohydrate</b> 20g    | <b>7%</b>             |
| Dietary Fiber 0g                 | <b>0%</b>             |
| Total Sugars 3g                  |                       |
| Includes 0g Added Sugars         | <b>0%</b>             |
| <b>Protein</b> 5g                |                       |
| Vit. D 0mcg 0% • Calcium 50mg 4% |                       |
| Iron 1mg 6% • Potas. 580mg 10%   |                       |

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**INGREDIENTS:** MASHED POTATOES (YUKON GOLD POTATOES, WHOLE MILK, BUTTER [SWEET CREAM, SALT], SALT, SPICE, NISIN PREPARATION).

**CONTAINS: MILK**

H-E-B® MEAL SIMPLE™ CRANBERRY SAUCE

| Nutrition Facts                  |                      |
|----------------------------------|----------------------|
| about 6 servings per box         |                      |
| <b>Serving size</b>              | <b>1/4 cup (76g)</b> |
| Amount per serving               |                      |
| <b>Calories</b>                  | <b>130</b>           |
| % Daily Value*                   |                      |
| <b>Total Fat</b> 0g              | <b>0%</b>            |
| Saturated Fat 0g                 | <b>0%</b>            |
| Trans Fat 0g                     |                      |
| <b>Cholesterol</b> 0mg           | <b>0%</b>            |
| <b>Sodium</b> 0mg                | <b>0%</b>            |
| <b>Total Carbohydrate</b> 31g    | <b>11%</b>           |
| Dietary Fiber 2g                 | <b>7%</b>            |
| Total Sugars 29g                 |                      |
| Includes 26g Added Sugars        | <b>52%</b>           |
| <b>Protein</b> 0g                |                      |
| Vit. D 0mcg 0% • Calcium 10mg 0% |                      |
| Iron 0mg 0% • Potas. 40mg 0%     |                      |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** CRANBERRIES, SUGAR, WATER, CONCENTRATED ORANGE JUICE.

H-E-B® MEAL SIMPLE™  
SWEET POTATO CASSEROLE

| Nutrition Facts                  |                     |
|----------------------------------|---------------------|
| about 3 servings per box         |                     |
| <b>Serving size</b>              | <b>1 cup (220g)</b> |
| Amount per serving               |                     |
| <b>Calories</b>                  | <b>470</b>          |
| % Daily Value*                   |                     |
| <b>Total Fat</b> 21g             | <b>27%</b>          |
| Saturated Fat 9g                 | <b>45%</b>          |
| Trans Fat 0.5g                   |                     |
| <b>Cholesterol</b> 100mg         | <b>33%</b>          |
| <b>Sodium</b> 250mg              | <b>11%</b>          |
| <b>Total Carbohydrate</b> 69g    | <b>25%</b>          |
| Dietary Fiber 4g                 | <b>14%</b>          |
| Total Sugars 48g                 |                     |
| Includes 40g Added Sugars        | <b>80%</b>          |
| <b>Protein</b> 5g                |                     |
| Vit. D 0mcg 0% • Calcium 80mg 6% |                     |
| Iron 2mg 10% • Potas. 410mg 8%   |                     |

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**INGREDIENTS:** SWEET POTATO CASSEROLE (SWEET POTATOES, SUGAR, WHOLE EGGS, UNSALTED BUTTER [PASTEURIZED CREAM, NATURAL FLAVORINGS], ORANGE MARMALADE [SUGAR, CORN SYRUP, ORANGE JUICE, ORANGE PEEL, PECTIN, CITRIC ACID, NATURAL ORANGE FLAVOR], UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], VANILLA EXTRACT, BAKING POWDER [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE], SALT, SPICES), SUGAR CRUMBLE (LIGHT BROWN SUGAR, DRY ROASTED PECANS, UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], UNSALTED BUTTER [PASTEURIZED CREAM, NATURAL FLAVORINGS]).

**CONTAINS: EGG, MILK, WHEAT, PECANS**

H-E-B® MEAL SIMPLE™ TURKEY GRAVY

| Nutrition Facts                  |                      |
|----------------------------------|----------------------|
| about 7 servings per box         |                      |
| <b>Serving size</b>              | <b>1/4 cup (67g)</b> |
| Amount per serving               |                      |
| <b>Calories</b>                  | <b>60</b>            |
| % Daily Value*                   |                      |
| <b>Total Fat</b> 5g              | <b>6%</b>            |
| Saturated Fat 3g                 | <b>15%</b>           |
| Trans Fat 0g                     |                      |
| <b>Cholesterol</b> 15mg          | <b>5%</b>            |
| <b>Sodium</b> 190mg              | <b>8%</b>            |
| <b>Total Carbohydrate</b> 4g     | <b>1%</b>            |
| Dietary Fiber 0g                 | <b>0%</b>            |
| Total Sugars 0g                  |                      |
| Includes 0g Added Sugars         | <b>0%</b>            |
| <b>Protein</b> 1g                |                      |
| Vit. D 0mcg 0% • Calcium 60mg 4% |                      |
| Iron 0mg 0% • Potas. 70mg 2%     |                      |

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**INGREDIENTS:** WATER, CREAM (PASTEURIZED CREAM, CARRAGEENAN), UNSALTED BUTTER (CREAM [MILK], NATURAL FLAVOR), UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TURKEY BASE (ROASTED TURKEY, NATURAL JUICES, TAPIOCA MALTODEXTRIN, SALT, TURKEY FAT, YEAST EXTRACT, POTATO FLOUR, NATURAL FLAVOR), CORN STARCH, CULTURED DEXTROSE (FOR FRESHNESS), TURKEY FLAVOR (TURKEY BROTH, TURKEY FAT, SALT, FLAVOR, ONION POWDER), SALT, SPICES, OLEORESIN ROSEMARY (CANOLA OIL, NATURAL EXTRACTIVES OF ROSEMARY), OLEORESIN THYME (NATURAL EXTRACTIVES OF THYME, CANOLA OIL).

**CONTAINS: MILK, WHEAT**

H-E-B® MEAL SIMPLE™ CORN BREAD STUFFING

| Nutrition Facts                  |                       |
|----------------------------------|-----------------------|
| about 6 servings per box         |                       |
| <b>Serving size</b>              | <b>2/3 cup (100g)</b> |
| Amount per serving               |                       |
| <b>Calories</b>                  | <b>220</b>            |
| % Daily Value*                   |                       |
| <b>Total Fat</b> 13g             | <b>17%</b>            |
| Saturated Fat 4.5g               | <b>23%</b>            |
| Trans Fat 0g                     |                       |
| <b>Cholesterol</b> 20mg          | <b>7%</b>             |
| <b>Sodium</b> 380mg              | <b>17%</b>            |
| <b>Total Carbohydrate</b> 22g    | <b>8%</b>             |
| Dietary Fiber 1g                 | <b>4%</b>             |
| Total Sugars 3g                  |                       |
| Includes 1g Added Sugars         | <b>2%</b>             |
| <b>Protein</b> 4g                |                       |
| Vit. D 0mcg 0% • Calcium 20mg 2% |                       |
| Iron 1mg 6% • Potas. 90mg 2%     |                       |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** WATER, CORNBREAD STUFFING (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CANOLA AND/OR SUNFLOWER OIL, CORN GRITS, SUGAR, YEAST, 2% OR LESS OF: WHEAT GLUTEN, SALT, YELLOW CORN FLOUR, SOYBEAN OIL, TURMERIC, PAPRIKA, NATURAL FLAVOR, ROSEMARY EXTRACTIVES [TO PRESERVE FRESHNESS]), ASCORBIC ACID [TO PRESERVE FRESHNESS]), ONIONS, CELERY, UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVORINGS), CANOLA OIL, TURKEY FLAVOR (TURKEY BROTH, TURKEY FAT, SALT, FLAVOR, ONION POWDER), PARSLEY, CORN STARCH, SAGE, SALT, THYME, ROSEMARY, CHAMPIGNON MUSHROOM EXTRACT POWDER (CORN STARCH, MUSHROOM EXTRACT, SALT).

**CONTAINS: WHEAT, MILK**

H-E-B® MEAL SIMPLE™  
GREEN BEAN CASSEROLE

| Nutrition Facts                  |                       |
|----------------------------------|-----------------------|
| about 5 servings per box         |                       |
| <b>Serving size</b>              | <b>2/3 cup (110g)</b> |
| Amount per serving               |                       |
| <b>Calories</b>                  | <b>150</b>            |
| % Daily Value*                   |                       |
| <b>Total Fat</b> 11g             | <b>14%</b>            |
| Saturated Fat 6g                 | <b>30%</b>            |
| Trans Fat 0g                     |                       |
| <b>Cholesterol</b> 25mg          | <b>8%</b>             |
| <b>Sodium</b> 300mg              | <b>13%</b>            |
| <b>Total Carbohydrate</b> 11g    | <b>4%</b>             |
| Dietary Fiber 2g                 | <b>7%</b>             |
| Total Sugars 3g                  |                       |
| Includes 0g Added Sugars         | <b>0%</b>             |
| <b>Protein</b> 3g                |                       |
| Vit. D 0mcg 0% • Calcium 70mg 6% |                       |
| Iron 1mg 6% • Potas. 210mg 4%    |                       |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** GREEN BEANS, MUSHROOMS, CREAM (MILK), WATER, ONIONS, CRISPY ONIONS (ONIONS, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], VEGETABLE OIL [SUNFLOWER, SAFFLOWER, AND/OR CANOLA OIL], SALT), UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVORINGS), PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), CORN STARCH, GARLIC, SALT, SPICE.

**CONTAINS: MILK, WHEAT**



**MADE WITH PRIDE AND CARE  
BY H-E-B®, SAN ANTONIO,  
TX 78204**

SMOKED WHOLE TURKEY MEAL | MEAL FOR 8